

Fasting: Experiencing Spiritual Breakthroughs

Selected Scripture
"Deepening Devotional Practices", Part 1
Pastor Vince DiPaola

I) WHAT FASTING IS AND WHAT IT IS NOT

- 1) Fasting is not a **___CHRISTIAN DIET___**.
- 2) Fasting is not a **___SPIRITUAL RABBIT'S FOOT___**.
- 3) Fasting is not a **___MANIPULATION OF GOD'S WILL___**.
- 4) Fasting is a Christian's **___VOLUNTARY ABSTINENCE___** from food for **___SPIRITUAL PURPOSES___**.

II) FIVE SPIRITUAL BENEFITS OF FASTING

- 1) Fasting will **___STRENGTHEN___** your prayers. (Ezra 8:21-23, Nehemiah 8:23)
- 2) Fasting will **___SURFACE___** God's guidance in your life. (Judges 20:18-36a, Acts 13:2-3)
- 3) Fasting will **___SOLIDIFY___** your ability to resist temptation. (Joel 2:12, Matthew 4:1-11)
- 4) Fasting will **___SHARPEN___** your concern for God's work in the world. (Nehemiah 1:4, Luke 2:36-37)
- 5) Fasting will pull down **___STRONGHOLDS___** that continually plague you. (1 Samuel 7:6, Matt. 17:19-21)

II) THREE ESSENTIAL CONSIDERATIONS ON FASTING

- 1) Fasting is a great pleasure only when it is done with a biblical **___PURPOSE___**. (Isa.58:3-6, Lk. 18:9-14)
- 2) Fasting is a joyous privilege, not a **___PAINFUL OBLIGATION___**.
- 3) Fasting is a powerful practice often crowned with extraordinary **___BLESSING___** from God. (Matt.6:16-18)